



FIGS, WHOLE, DRIED

Date: April 2009

Code: A476

PRODUCT DESCRIPTION

- Whole dried figs are U.S. Grade A white or black figs, loose packed.

PACK/YIELD

- Figs are packed in 1 pound packages, which is about 12 servings (¼ cup each) of fruit.

STORAGE

- Store unopened packages in a cool, dry place.
- After opening, store in a tightly closed container not made from metal.
- The natural fruit sugar crystallizes after figs have been stored for an amount of time, forming a harmless white coating. This coating can be removed by washing figs with warm water.
- Look at the “Best if used by” or “Best by” date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- For baking and cooking: remove the stem with a knife or scissors. Chop or cut fig into pieces and use in place of raisins in baked items.
- To stew: Cover figs with water and cook over low heat for 30 minutes or until soft.

USES AND TIPS

- Dried figs are a quick and easy snack, and can be eaten right out of the package.
- Figs can be added to a mix of nuts and raisins. Chopped figs can be sprinkled on top of cold or hot cereals.
- Add sliced or chopped figs to muffins, breads, cookies, and other desserts.
- Toss dried, chopped figs in salads.
- Figs can also be used in ham, chicken, and turkey main dishes, sandwiches, and in sauces.

NUTRITION INFORMATION

- ¼ cup dried figs counts as ½ cup in the MyPyramid.gov Fruit Group. For a 2,000-calorie diet, the daily recommendation is about 2 cups of fruit.

FOOD SAFETY INFORMATION

- Check dried figs for unknown material, insects, or mold before use.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ¼ cup (37g) dried figs

Amount Per Serving

Calories	90	Calories from Fat	0
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% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 7g	7%
Sugars 18g	
Protein 1g	
Vitamin A 0%	Vitamin C 6%
Calcium 0%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet.

RICE WITH FIGS**MAKES 8 SERVINGS****Ingredients**

- 2 cups rice, uncooked
- 2 $\frac{2}{3}$ cups chicken or beef broth
- 2 tablespoon vegetable oil
- $\frac{1}{3}$ cup onions, finely chopped
- $\frac{1}{2}$ cup dried figs, chopped
- $\frac{1}{3}$ almonds, chopped (if you like)
- $\frac{1}{2}$ cup canned apricots, drained and chopped
- $\frac{1}{2}$ teaspoon cumin (if you like)
- $\frac{1}{8}$ teaspoon black pepper

Directions

1. Save $\frac{1}{3}$ cup broth to use in Step 3. Prepare rice using 2 $\frac{1}{3}$ cups broth and 1 tablespoon oil instead of water. Follow cooking directions on the rice package.
2. Heat oil in a medium skillet. Cook onions, figs and apricots for 2 to 3 minutes, until nuts are golden. If using almonds, add that too.
3. Add remaining $\frac{1}{3}$ cup broth and pepper; heat through. If using cumin, add that too.
4. Toss fig mixture into cooked rice.

Nutrition Information for 1 serving of Rice with Figs							
Calories	300	Cholesterol	less than 5 mg	Sugar	7 g	Vitamin C	0 mg
Calories from Fat	70	Sodium	290 mg	Protein	7 g	Calcium	40 mg
Total Fat	8 g	Total Carbohydrate	50 g	Vitamin A	20 RAE	Iron	3 mg
Saturated Fat	1 g	Dietary Fiber	3 g				

*Recipe adapted from the California Fig Advisory Board.***FIG LAYER BARS****MAKES ABOUT 24 BARS****Ingredients**

- $\frac{1}{2}$ cup brown sugar
- $\frac{1}{2}$ cup margarine, softened
- $\frac{1}{4}$ teaspoon salt
- $\frac{2}{3}$ cup rolled oats
- $\frac{2}{3}$ cup flour, sifted
- $\frac{1}{2}$ teaspoon vanilla
- $\frac{1}{2}$ cup sugar
- $\frac{3}{4}$ cup dried figs, stems removed, chopped
- Nonstick cooking spray
- $\frac{1}{4}$ cup hot water

Directions

1. Preheat oven to 350 degrees F.
2. Mix sugar and margarine until light and fluffy in a medium-size bowl. Add oats, salt, vanilla, and flour. Mix until blended.
3. In a medium-size saucepan combine sugar, figs, and water. Cook over medium heat for 15 minutes or until creamy, stirring frequently.
4. Spray a 13x9-inch baking pan with nonstick cooking spray. Add half the flour mixture. Add all of the fig mixture, and top evenly with left over flour mixture.
5. Bake in oven for 30 to 35 minutes, or until lightly brown.

Nutrition Information for 1 serving (about 1 bar) of Fig Layer Bars							
Calories	100	Cholesterol	10 mg	Sugar	11 g	Vitamin C	0 mg
Calories from Fat	40	Sodium	50 mg	Protein	1 g	Calcium	14 mg
Total Fat	4 g	Total Carbohydrate	16 g	Vitamin A	32 RAE	Iron	0 mg
Saturated Fat	2.5 g	Dietary Fiber	1 g				

Recipe adapted from the California Fig Advisory Board.